

Daily Affirmations- December 2017

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Fri	Dec	1 st	God will use this for good.
Sat	Dec	2 nd	Be the change you want to see.
Sun	Dec	3 rd	I will think positive thoughts.
Mon	Dec	4 th	I am worth it.
Tue	Dec	5 th	Even if I fall, I will just get up again.
Wed	Dec	6 th	Keep it simple, focus on one change at a time.
Thu	Dec	7 th	Life isn't about the number of breaths you take but about the moments
Fri	Dec	8 th	Never give up!!!
Sat	Dec	9 th	I am beautifully and wonderfully made. I am love.
Sun	Dec	10 th	The consequences of my actions teach me the true meaning of
Mon	Dec	11 th	Love the life you live.
Tue	Dec	12 th	Imperfection is beauty.
Wed	Dec	13 th	Proper Preparation Prevents Poor Performance.
Thu	Dec	14 th	It is my responsibility to take the initiative to prepare.
Fri	Dec	15 th	I can. I will.
Sat	Dec	16 th	One day at a time. One decision at a time.
Sun	Dec	17 th	Just when the caterpillar thought life was over, it became a butterfly.
Mon	Dec	18 th	Be who you think you are, not who you think people want you to be.
Tue	Dec	19 th	I think, therefore I am.
Wed	Dec	20 th	Stars cannot shine without darkness.
Thu	Dec	21 st	God finds you worthy to love. You can love you too.
Fri	Dec	22 nd	Seek the light. The smallest ray overcomes all darkness.
Sat	Dec	23 rd	For everything there is a season.
Sun	Dec	24 th	It takes both rain and sunshine to make a rainbow.
Mon	Dec	25 th	It's a challenge to change yet change is always good!
Tue	Dec	26 th	Everyone is someone special.
Wed	Dec	27 th	Be the change you want to see in the world.
Thu	Dec	28 th	Today is the first day of the rest of your life.
Fri	Dec	29 th	In God, all things are possible!
Sat	Dec	30 th	Faith without works is dead.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.